

Acupuncture - Patient Information & Consent

Please read this handout carefully, and ask your practitioner if there is anything that you do not understand, you are required to do so in order that we can receive your informed consent to Acupuncture treatment.

What is Acupuncture?

It is one of the oldest recorded forms of medicine, having been practised for over 3000 years. The Chinese theory is that energy known as Qi (pronounced chi) flows around the body in channels referred to as meridians. When the body is in a healthy state this energy flows freely. However, if there is a problem, the energy can stagnate and present itself as a number of conditions or complaints.

Basically fine needles are inserted into specific points on the body, they are then used to stimulate the body and induce a number of therapeutic effects in order to treat your complaint (please refer to our main clinic brochure or website for further details).

Is Acupuncture Safe?

Acupuncture is generally very safe, serious side effects are very rare but you need to be aware of the following possible side effects:

Drowsiness may occur after treatment in a small number of patients, if affected, you are advised not to drive.

Minor bleeding or bruising may occur at the Acupuncture points.

Symptoms may briefly worsen after treatment, this is only temporary but usually a good sign, however it is important to tell your Acupuncturist.

Fainting may occur in certain patients, particularly at the first treatment.

Single-use, sterile, disposable needles are only used and strict hygiene conditions are adhered to in accordance with local government environmental health regulations.

Is there anything your Acupuncturist needs to know?

It is important to let them know about the following medical details:

Do you or have you ever suffered from a convulsive disorder (epilepsy, convulsions, faints and blackouts)?

Do you have a pacemaker or any other electrical implants fitted?

Do you have a bleeding disorder?

Are you taking any medication, especially anti-coagulants, steroids and antibiotics?

Are you Pregnant?

Are you diabetic?

Do you have any allergies – especially to metal?

Have you had any heart diseases or have a particular risk to infection?

Assessment, Treatment & Advice

At your first consultation, your Acupuncturist will ask you questions relating to your symptoms, these will cover areas such as general health, lifestyle, medical history and medication. The physical examination will involve looking at your tongue and taking your pulses as well as examining other areas related to your symptoms. Please note you are more than welcome to be accompanied during the consultation. The Acupuncturist will arrive at a considered diagnosis, help you to understand what is wrong and explain the proposed treatment plan. Responsiveness to Acupuncture can vary and will be gauged throughout your treatments, it is important to realise that several sessions may be needed over a short period to achieve a better result. The first treatment will involve a short session of Acupuncture in order to gauge your response, subsequent sessions are normally longer. Occasionally, Acupuncture together with light massage, moxibustion or cupping therapy may be proposed, your consent will be sought again at each stage of treatment.

Do's & Don'ts

Avoid having treatment on an empty stomach.

Alcohol must be avoided prior to treatment, and advisable to avoid post treatment.

After treatment avoid heavy exertion, large meals and hot baths.

Lifestyle Advice

This advice will be offered where appropriate and usually regards diet and it is for each individual to decide the extent and pace of any proposed changes. Your wishes and beliefs will be respected at all times regarding your treatment and any advice offered.

Cancellations

Please give at least 24 hours notice if you need to cancel an appointment otherwise you may be subject to a cancellation charge.

Any Queries

Further information on our clinic and the treatments that we offer can be found in our clinic brochure or web site www.newcastlesportsinjury.co.uk. Alternatively please feel free to ask our reception staff or your practitioner.

Statement of Consent

I confirm that I have read and understood the above information, and I consent to having Acupuncture treatment. I understand that I can refuse treatment at any time.

Signature:
(Patient)

Date:

Print name in full:
(Patient)

Practitioner Signature

Date:

Copy given to patient: YES NO (Please circle as appropriate)

Thank you for choosing Newcastle Sports Injury Clinic for your treatment.